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312 SOUTH MAIN STREET.

George S. Wilson, formerly of Union county, but now a resident of Owensboro, and Speaker of the house of representatives, is practically certain to be a candidate for the Democratic nomination for lieutenant governor, says Argue in the Louisville Herald. As yet he has made no announcement of his candidacy but he is expected to do so with in the next week or two.

The Clarksville Leaf-Chronicle says: Complaint has been made to Judge Tyler that certain persons are using the court house without permit or authority for dances. Judge Tyler has accordingly notified the Sheriff to arrest all persons found in the court house without the proper permits. He has also had new locks placed on the doors and any one forcing or tampering with same will be prosecuted.

Two preachers at Washington almost came to blows in a controversy over the statement of one of them that the second coming of Christ was due in 1915. It is well for both of the reverend gentlemen that he didn't come during their controversy.

Representative Thomas of the Third Kentucky district has introduced a bill in Congress appropriating \$1,000,000 for the purchase of Mammoth Cave. He suggests that it be converted into a large National Park and general amusement place.

The explosion of acetylene gas at the Grand Central terminal yard, Manhattan Island, recently, is described, with several very interesting illustrations, in the February Popular Mechanics Magazine.

All Skin Troubles.
Are overcome by using Dr. Bell's Antiseptic Salve. It is as pleasant to use as pure cream and is guaranteed to give satisfaction. 25c a box.

NEWEST OF ANIMALS.
Specimens Secured of the Wonderful Okapi.

Visitors to the Museum of Natural History in New York will soon have an opportunity of looking at specimens of the okapi, an animal so rare that hunters who have visited its native haunts in the Kongo region have not seen it. Even Henry M. Stanley, who first heard of the strange beast, was unable to get sight of one, though he spent years in the African jungle. The natives told him about the "red headed horse" that had a body like a zebra and the legs of a zebra. When Stanley returned to civilization he published these stories and caused considerable excitement among scientists and naturalists. Sir Henry Johnston went to Africa in 1901 for the London Zoological Society and spent many months in the Kongo region. He was unable to get sight of the okapi, but he bought a portion of a skin and two skulls from natives. He later made another trip to Africa and saw one of the animals alive, though he was unable to kill or capture it. He made such an accurate description of it, however, that he gave his name to the animal. Two years ago the New York Museum of Natural History sent an expedition to the Kongo, and a cablegram has just been received saying that specimens of the male, the female and the calf okapi have been killed and the skins and skeletons shipped to New York. Trees and shrubs have also been shipped, and the animals will be mounted in a lifelike manner and will be shown as they appear in their native jungle.

Sight Too Valuable.
To be neglected. Southern's Eagle Eye Salve will cure any case of sore eyes, granulated lids, opthalmia or any inflamed condition of the eyes. Painless and harmless. 25c at all dealers.

Old Lady's Sage Advice.

Knoxville, Tenn.—Mrs. Mamie Towe, of 102 W. Main Street, this city, says: "If you had seen me, before I began to take Cardui, you would not think I was the same person. Six doctors failed to do me good, and my friends thought I would die. I could hardly get out of bed or walk a step. At last an old lady advised me to take Cardui, and now I can go most anywhere." All ailing women need Cardui, as a gentle refreshing tonic, especially adapted to their peculiar ailments. It is a reliable, vegetable remedy, successfully used for over 50 years. You ought to try it.

"WHITE MAN'S HOPE"

Manager Of Noted Pugilist Of Future Sells Contract.

Tulsa, Okla., Jan. 31.—A seven year contract as Manager of Carl Morris, the pugilist heralded to be the "White Man's Hope," was sold by William Stone to Frank B. Ufer, a banker, for the sum of \$25,000. Choynski and Bob Armstrong have been invited to train the fighter.

A Beautiful Woman.

Must have a beautiful skin. Dr. Bell's Antiseptic Salve removes pimples, black heads, chaps, and roughness, leaving the skin smooth. Try it on our guarantee.

Apple King Dead.

Frederick Wellhouse, of Kansas, did much to make the fame of the American apple and American pomology known wherever horticulture is taught as a science. When titles were bestowed with prodigality some ten years ago, he was called the Apple King of the World, but he never took kindly to the coronation. He was 82 when he died a few days ago.

Mr. Wellhouse owned and superintended the largest and most profitable apple orchard in the world. He planted this great orchard and cultivated it to its maturity. His holdings were 1,600 acres in Leavenworth, Osage and Miami counties. In Leavenworth county alone he had 640 acres in orchard. His first crop, gathered in the fall of 1880, was 1,500 bushels from 537 acres. Ten years afterward his orchards made their greatest yield, 79,710 bushels, aside from "culls," and it required two hundred cars to ship the crop to eastern markets.

Sutherland's Eagle Eye Salve
Is the best eye remedy ever offered the public. It is a snow white ointment, painless, harmless and absolutely guaranteed to cure. At all dealers. 25c a tube.

Naval Bill.

The naval appropriation bill was reported to the House. It carries a total of \$125,421,638, which is over two million less than the Navy Department's estimate. Sixteen new vessels of different types are provided for.

Croup.

Causes uneasy nights but if you will use Dr. Bell's Pine-Tar-Honey it will relieve in a few minutes. There is nothing better. Guaranteed by all dealers.

Noted Clubman.

Van Leer Kirkman, prominent turfman and clubman, and long connected with the social life of Tenn., died after a long illness at Nashville Saturday night.

Asthma.

Is a distressing disease. Dr. Bell's Pine-Tar-Honey relieves almost instantly. We guarantee it to give satisfaction.

Lovely Little Daughter.

The wife of Dr. L. A. Tate presented her husband with a fine daughter last Thursday.

A Cough.

Is a danger signal and should not be neglected. Take Dr. Bell's Pine-Tar-Honey at once. It allays inflammation, stops the cough and heals the membranes.

Some people seem to think that if they like you well enough they are entitled to be impolite to you.

CASTORIA

The Kind You Have Always Bought
Beware the Signature of *Chas. H. Fletcher*

MCCURDY FALLS 10 MILES SHORT

Fails to Make Key West-Havana Flight First Attempt.

Key West, Fla., Jan. 30.—McCurdy was compelled to alight after getting within 10 miles of Havana because his lubricating oil ran short. The torpedo destroyer Paulding and the other convoys of McCurdy arrived with the aviator and his machine this afternoon.

LONGEST SEA FLIGHT ATTEMPTED.

The McCurdy flight is regarded as one of the most notable ever undertaken by an aviator because the over-sea distance covered is about six times the distance of the flights from Dover to Calais, which attracted the attention of the world. The distance from Key West to Havana is about 112 miles, while the Dover-Calais route is about eighteen.

Help Wanted.

For that cough. Get a bottle of Dr. Bell's Pine-Tar-Honey. It is the best.

It is a real pledge of affection when a man pawns his watch in order to buy a girl candy.

Children Cry FOR FLETCHER'S CASTORIA

PREFERRED LOCALS.

FOR SALE—Set Carpenter's tools. Apply to Saxe McCormick.

J. B. Fisher, The Tinner.

Shop on Seventh street, over Metcalfe's laundry.

Cockerels.

A few young Barred Plymouth Rock cockerels for sale—late hatch—at only \$1 if taken at once. Ring Comb. phone 94, Home 1222.

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Hay For Sale.

G. W. McKnight, Howell, Ky., has 50 tons of good clover hay for sale cheap. Cumberland Phone, 321-3.

See J. H. Daggs for contracting building and general repair work of all kinds. Phone 476.

A Cash Offer.

The Kentuckian has made a special clubbing rate with The Memphis Weekly Commercial Appeal by which we will furnish both papers for one year for the very low subscription price of \$2.25. The Commercial Appeal is one of the largest and best papers in the South, and we hope to receive many new subscriptions on this offer; \$2.25 cash for both papers.

Ham sacks for sale at this office.

Time to sack your hams. Sacks for sale at this office.

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FOOD VALUE OF MILK

CONTAINS MATERIALS WHICH CHILDREN NEED FOR GROWTH.

One Quart of Cow's Milk Supplies Practically as Much Protein and Energy as Three-Quarters of Pound of Beef.

It is a commonplace saying that milk, or, to be more specific, cow's milk, is a perfect food. This may be taken to mean that it contains, first, materials which children need for growth; second, material which young and old alike need for the repair of their bodily machinery; and, third, materials which both need for fuel, i. e., to provide with heat and with the energy necessary for work. It should not be understood, however, to mean that it has these ingredients in such proportions that it can serve satisfactorily as an exclusive food for a grown person or even for a child. Though it is the best substitute for mother's milk, it must be "modified" more or less before it can be used even for infant feeding with good results.

It is likewise a commonplace saying that milk is a cheap as well as a nutritious food. Just at present, with prices of all kinds of foods rapidly changing, it is not so easy as it once was to make the comparisons that are necessary to show which particular foods are really cheap, but while the prices of food materials vary, the composition of most of them remains unchanged, and it is always possible to compare their nutritive values. A quart of milk supplies practically as much of both protein and energy as three-quarters of a pound of beef of average composition or eight average eggs, and can generally be bought for less money. In case milk is eight cents a quart, beef 20 cents a pound, and eggs 24 cents a dozen, ten cents spent for milk will buy a little more protein and much more energy than ten cents spent for beef or ten cents spent for eggs. Thus, while other animal foods than milk (meat, eggs and cheese) are desirable to give variety to the diet it may be assumed that milk may be used as an economical substitute for any one of them.

Of the vegetable foods, many (flour, for example) are found to be much cheaper than milk when both price and nutritive value are taken into consideration, and, as a matter of fact, they always form the greater part of the bulk of human food; but of the animal foods which are usually combined with the vegetable foods, milk is one of the cheapest.

In spite of the fact that milk is recognized as a nutritious and a cheap food, there seems to be a general tendency to think of it not as a possible substitute for other more expensive foods, but rather as an addition to the bill of fare. To illustrate, milk is frequently used as a beverage without the reduction of the amount of meat or other protoid foods served. From the point of view of the need of the body, this may be considered extravagant and the serving of a glass of milk or of a bowlful of soup or of such desserts as custards and baked milk, or the use of generous quantities of milk or white sauce on vegetables, offers an opportunity to cut down the allowance of meats and eggs.—Caroline L. Hunt.

METHOD OF CLARIFYING FAT

Objectionable Flavors Can Be Removed From Fat by Means of Potatoes.

Excepting where the purpose of clarifying fat is to remove flavors, a good method to follow is to pour boiling water over the fat, to boil thoroughly, and then to set it away to cool. The cold fat may be removed in a solid cake and any impurities clinging to it may be scraped off, as they will be found at the bottom of the layer. By repeating this process two or three times a cake of clean, white fat may be obtained.

A slight burned taste or similar objectionable flavor often can be removed from fat by means of potatoes. After melting the fat, put into it thick slices of raw potato; heat gradually. When the fat ceases to bubble and the potatoes are brown, strain through a cloth placed in a wire strainer.

Genesee Chocolates.

As the college girls are doing it: Boil for five minutes a cupful and a half of granulated sugar, half a cupful of milk, a teaspoonful of butter and two squares of chocolate. Then take from the fire, flavor with vanilla, stand the pan containing the syrup in a pan of cold water and work in four or five tablespoonfuls of confectioners' sugar, molding the mass with the hands into balls. When the balls are cold dip them one by one into melted chocolate and drain on wax paper. The mixture should be of a creamy consistency as will allow it to be molded.

Pineapple Cocktail.

One-half dozen oranges, one lemon, one pineapple, two bananas, two cups (about) powdered sugar, Maraschino cherries to garnish. Cut oranges in half and carefully remove pulp so that halves may be used for cocktail cups. Save juice and add to lemon juice. Cut pulp of oranges in small pieces, removing all membrane. Pare and pick pineapple in pieces with a fork. Cover with powdered sugar. Slice bananas. Pile fruit in layers in orange cases. Cover with juice and garnish with Maraschino cherries.

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